

4th of July Safety Tips

The 4th of July is right around the corner and that usually means fireworks, swimming, sunbathing and barbequing. Along with these activities come potential hazards that can be dangerous, so in order to avoid them and have a safe and fun holiday we have provided tips that the American Red Cross has published for you below.

Fireworks- Never give fireworks to small children, and always follow the instructions on the packaging, keep a supply of water close by as a precaution, make sure the person lighting fireworks always wears eye protection, light only one firework at a time and never attempt to relight "a dud", store fireworks in a cool, dry place away from children and pets, never throw or point a firework toward people, animals, vehicles, structures or flammable materials, leave any area immediately where untrained amateurs are using fireworks.



Grilling- Always supervise a barbecue grill when in use, never grill indoors – not in your house, camper, tent, or any enclosed area, make sure everyone, including the pets, stays away from the grill, keep the grill out in the open, away from the house, the deck, tree branches, or anything that could catch fire, use the long-handled tools especially made for cooking on the grill to keep the chef safe, never add charcoal starter fluid when coals have already been ignited, always follow the manufacturer's instructions when using grills.

Swimming- Keep alert for local weather conditions. Check to see if any warning signs or flags are posted, swim sober and always swim with a buddy, Have young children and inexperienced swimmers wear a Coast Guard-approved life jacket, protect the neck – don't dive headfirst. Walk carefully into open waters, keep a close eye and constant attention on children and adults while at the beach. Wave action can cause someone to lose their footing, even in shallow water, watch out for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants and leave animals alone.

Sun Protection- Limit exposure to direct sunlight between 10 a.m. and 4 p.m., and wear a broad-spectrum sunscreen with a protection factor of at least 15. Reapply sunscreen often. Remember to drink plenty of water regularly, even if not thirsty. Avoid drinks with alcohol or caffeine in them. Protect the eyes by wearing sunglasses that will absorb 100 percent of UV sunlight. Protect the feet - the sand can burn them and glass and other sharp objects can cut them. During hot weather, watch for signs of heat stroke: hot, red skin; changes in consciousness; rapid, weak pulse; rapid, shallow breathing. If it's suspected someone is suffering from heat stroke: Call 9-1-1 and move the person to a cooler place, quickly cool the body by applying cool, wet cloths or towels to the skin (or misting it with water) and fanning the person, watch for signs of breathing problems and make sure the airway is clear and keep the person lying down.